Football Skills Rubric

Football Skills	Excellent Skill Level 4 pts.	Advanced Skill Level 3 pts.	Elementary Skill Level 2 pts.	Basic Skills Level 1 pts.	No Effort Skill Level 0 pts.
Catching	Hands are extended out in front of the body. Ball is caught with the hands above or below the waste Obamils up if the ball is below the waist or down if the ball is above the waist). Student does not cushion the ball against their body. Soudent can catch 90% or more of the balls thrown to them only using their hands. Student watches the ball into his hands.	Hands nor extended out in from of the body. Ball in cample with the hands above or below the waste (thumbs up if the ball is below the waist or down if the ball in above the waist or down if the ball in above the waist. Student does not cushion the ball against their body. Student can catch 75% or more of the balls thrown to them only using their hatds. Student watches the ball into his hands.	Flands are extended out in front of the body. Ball is caught with the hands above or below the waste (thursbs up if the ball is below the waist or down if the ball in above the waist). Student cushions/traps the ball against their body. Student can catch 50% or noce of the balls thrown to them using their hands or trapping the ball against their body.	Hands any not extended out an front of the body. Student crashions the bull/traps the ball against their body. Student can catch 25% of the balls thrown to them trapping the ball against their body. Student frequently misses the ball completely.	No effort
Throwing	Student has peoper grap on the laces of the footbull. Student takes a step with their opposite legs. Student uses proper arm mechanics and theorem a spiral Student can throw accurately to their target 90-10070 of the time or more	Student has proper grip on the laces of the football. Student takes a step with their opposite legs. Student uses proper arm, mochanics and throws a spiral Student can throw accurately to their target 80-89'ft of the time or more	Student does not have proper grip on the faces of the football. Student takes a small step with their wrong leg. Student does not use proper arm mechanics not throws a spiral. Student can throw accurately to their target 70-79% of the time or more	Student does not have proper grip on the laces of the foothall. Student does not take a step or steps their wrong leg Student does not use proper arm mechanics not thrown a spiral. Student can throw accurately to their target 65-69% or lower of the time or more.	No effort
Running	Student has football properly tacked under their arm so they can run using both arms. Student uses their body, not their arm, to avoid petting their flags	Student has football properly tucked under their arm so they can run using both arms. Student uses their body, not their arm, to avoid getting their flags	Student does not have the Football properly tacked under their arm so they could fumble the football or not run properly with both arms.	Student does not have football properly tucked under their arm so they could fumble the football or not run properly using both arms.	No effort

	pulled off. Student can stop and change direction or quickly move laterally to avoid defenders. Student can avoid or dodge defenders 75-100% of the time.	pulled off. Student can stop and change direction or quarkly move laterally to avoid defenders. Student can avoid or dodge defenders 50-75% of the time.	Student cannot successfully stop and change direction or quickly move laterally to avoid defenders. Student can avoid or dodge defenders 25-50% of the time.	Student cannot stop and change direction or quickly move laterally to avoid defenden. Student can avoid or dodge defenden 0-25% of the time.	
Game Strategy	Always mes game strategy permitted by the rules	Mostly uses game strategy permatted by the rules	Sometimes uses game smategy permanted by the rules	Rarely uses game strategy permaned by the rules	Never uses game strategy permitted by the rules

Rubric For Football Skills

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